WILL THE NEW PM

ACTUALLY TAX THE RICH?

metroNEWS

Trudeau PROMISES TRACKER

PART II

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
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Ottawa metro

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metroLIFE

Prime minister-designate Justin Trudeau set to move family into Rideau Cottage

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THE CANADIAN PRESS/ADRIAN WYLD

Baird won't run for Tory leadership

POLITICS

Former foreign affairs minister enjoying life in private sector

Michael Woods
Metro | Ottawa

Former foreign affairs minister John Baird, who represented an Ottawa riding in Parliament from 2006 until his resignation earlier this year, will not run to replace Stephen Harper as leader of the Conservative party.

"While I have indeed received expressions of interest and am tremendously flattered by the support, I will not be running for leader of the Conservative Party of Canada," Baird said in a statement Monday.

The statement was released hours after the Globe and Mail reported Baird was seriously considering a leadership bid.

Baird surprised many last February when he announced his retirement from politics, citing a desire to start a new chapter in his life.

He has since landed several private sector positions, including a spot on mining giant Barrick Gold's international advisory board and as a director of Canadian Pacific Railway.

"I am extremely happy with this new chapter and will remain dedicated to my work in the private sector," he said in Monday's statement.

The race for interim leader of the party already has several candidates. Veterans Diane Finley and Rob Nicholson have thrown their hats in the ring. Relative newcomer Erin O'Toole has declared as a candidate as well.

metro PAGE 8
For more on who's running

John Baird THE CANADIAN PRESS

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metro NEWS
Your essential daily news

Canada Post halts community mailbox program. **Business**

Ex-Mugshots staff file lawsuit

LABOUR

Servers claim over $18,000 for wrongful dismissal

Joe Lofaro
Metro | Ottawa

Former Mugshots workers Serene Bayona, left, and Flor Miranda are both plaintiffs in a wrongful dismissal lawsuit against the hostel. JOE LOFARO/METRO

Former workers at the shuttered Mugshots bar in the Ottawa jail hostel have followed through on their threat to take their employer to small-claims court after they were abruptly dismissed in July.

Five bartenders and servers who worked at the bar retained a lawyer and filed a statement of claim in Ontario Superior Court in the amount of $18,835.91 for wrongful dismissal.

The bar, located in the jail hostel on Nicholas Street, was once a popular hangout for Ottawa's underground music and arts scene. It was run by the Hostelling International Canada chain of hostels.

Greg Brockmann, the hostel's general manager, told Metro in September that Mugshots was "not compatible with our core mission" of running a hostel, after years of noise complaints from guests.

The lawsuit was filed Oct. 20 and Auberge du Jeunesse du St-Laurent Inc., the company that operates Hosteling International in Ontario, is listed as the defendant.

On July 9, staff was notified in an email from Brockmann that, effective immediately, the bar would no longer be open to the public and their shifts were cancelled.

Two days later at a staff meeting, Brockmann offered laid-off staff the opportunity to apply for new positions within the hostel, but not before he "unceremoniously terminated and then expelled" worker Caylie Runciman from the meeting for comments she made about the hostel on social media on July 10, according to the statement of claim.

In a July 10 Facebook post, the former employee expressed her sadness about the bar closing, gauged interest in a possible petition and then ended the post with the words "F— H.I."

After she was terminated during the staff meeting, she left the room "distressed, embarrassed and in tears," the statement of claim alleges.

There is controversy over what happened next: Several of Runciman's colleagues followed her out of the staff meeting. The hostel argues the move was a clear indication of the workers' immediate resignation. But the lawsuit claims it "was intended as a gesture of support to their friend and colleague, nothing more."

Brockmann disagreed with that interpretation. In a July 16 email, he wrote to the other four employees: "During the meeting, I asked if you wanted to quit your employment with us and follow Caylie out the door. You did just that."

None of the allegations in the statement of claim has been proven in court. A statement of defence has not been filed.

Brockmann also noted in the same email that the four former workers would receive their final pay and vacation pay, as well as a record of employment.

But now the five plaintiffs, whose employment at Mugshots ranged from nine months to nearly six years, are seeking compensation "in light of their length of service, the state of the local labour market and the character of their positions," according to the statement of claim.

Four plaintiffs are seeking approximately $3,000 and one is seeking $5,000.

HI – Canada declined a request for comment on this story.

"We are unable to discuss the issue further due to privacy legislation and the matter is currently being dealt with between legal counsels," Isabelle Boyer-Lehoux, the deputy executive director of Hostelling International – Canada's Quebec and Ontario region, wrote in an email.

On Sept. 12, the community helped raise $4,000 in a dance party fundraiser to cover the plaintiffs' legal fees.

Ottawa council's rookie recap

Metro reached out to Ottawa City Hall's eight fresh-faced councillors to talk about their first year in office. Here's our first instalment.

LUCY SCHOLEY METRO

Riley Brockington

River

Campaigned on: Old Bayview School property redevelopment.
What are you most proud of? The connections made, both within the ward and with neighbouring ward councillors. Plus, work on development issues.
What's the next issue you're going to tackle? The Bayview School development, Airport Parkway widening and speeding.
What are you most frustrated about? Issues that might seem straightforward, like erecting a stop sign, can be difficult to move on.
What has surprised you most about being a city councillor? "Brutal honesty? I was expecting more debate and discussion at city council meetings. We have a very good high-level and a very good in-depth debate and discussion at standing committees and it's generally agreed upon that that's where you want to do the bulk of your work ... But there have been some significant issues dealt with at city council that have had very little if not any discussion or debate."

Tobi Nussbaum

Rideau-Rockcliffe

Campaigned on: CFB Rockcliffe redevelopment
What are you most proud of? Overseeing approval of the CFB Rockcliffe file, chairing the built heritage subcommittee, and tabling a motion asking the federal government to relocate the Memorial to the Victims of Communism.
What's the next issue you're going to tackle? Transportation, revitalizing the downtown and civic engagement
What are you most frustrated about? "A lot of seemingly straightforward tasks have, at times, complicated processes. Like any large organization, one has to deal with bureaucracy and it's not always easy to deliver on a resident request."
What has surprised you most about being a city councillor? "The sheer breadth of work for which the city is responsible — everything from transit and transportation to planning to child care ... There's no question that the first few weeks involved a certain amount of drinking from a fire hose, but fortunately it's all fascinating work."

Jeff Leiper

Kitchissippi

Campaigned on: Lack of community consultation on development issues.
What are you most proud of? "Just restoring a very open communication between residents and their councillor. I've put a lot of work into making sure that residents are aware of what I'm doing." He does this through a weekly email newsletter and pop-up meetings. Another proud achievement: getting the music industry recognized as a city priority.
What's the next issue you're going to tackle? "I really don't have much choice at this point but to address the tree loss in our community ... It seems like, every week, my office is being contacted with another large, distinctive tree that has been lost to infill."
What are you most frustrated about? "Inadequate resources" to tackle traffic-calming measures. Although, he's pleased some strategic initiative funds will help with that.
What has surprised you most about being a city councillor? How many calls he gets about traffic-calming measures and how much influence a councillor has in the community.

Catherine McKenney

Somerset

Campaigned on: More community consultation in ward developments, safer streets for cyclists and pedestrians, more complete streets.
What are you most proud of? She secured $50,000 in one-time emergency funding to help homeless drop-in centres. Also, she and the new councillors have "helped to change the debate" at council.
What's the next issue you're going to tackle? Somerset's ongoing development and transportation concerns.
What are you most frustrated about? "It takes time to change the way we do things." But she argues that one shouldn't do "policy on the fly."
What has surprised you most about being a city councillor? Although McKenney previously worked for former Coun. Diane Holmes, she says "Nothing can quite prepare you for just how busy you're going to be ... It's one thing to send your boss off every night after night — another thing when it's you (laughs)."

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City needs more officers: Board chair

POLICE

25 new recruits will come at a cost of $1.3M

Joe Lofaro
Metro | Ottawa

Ottawa police wouldn't divulge where they might find savings in their budget to pay for the hiring of 25 new police officers — something the force hasn't done since 2010.

The police force is vowing to grow its membership based on a 1.75 per cent tax increase from city council and on an estimated 1.3 per cent increase in taxes from the growth in the assessment base.

The 25 new officers will come at a cost of $1.3 million and the Ottawa Police Service will have to find efficiencies to recover the cost of growing the force.

Police are expected to table their draft 2016 budget on Nov. 12.

"Between now and then we will have to do some looking through areas of the organization where we can find other savings to ensure that we meet that 1.75 and we can still hire the 25 (officers)," said Ed Keely, acting deputy chief, at the Ottawa Police Services Board meeting Monday night. "It's been four or five years since we've seen growth in the organization and we've got some pressures that we have to contend with. It's trying to meet some of the other competing priorities and pressures that come with policing and the change of policing and it's for those reasons we feel it's important to grow the organization at this time."

> **Remember: We haven't increased our workforce since 2010, so I think we are due after six years.**
> Eli El-Chantiry

Police board chair Eli El-Chantiry said although crime has been on the decline for several years, policing has become more complex and time-consuming.

He also pointed the fact that Canada's 150th celebrations will require a bigger police presence in 2017.

"We know it's going to be a big celebration across the city and we need these employees ready to do their job," he said.

JIM WATSON

First year down for second-time mayor

Lucy Scholey
Metro | Ottawa

It was on Oct. 27 of last year when Mayor Jim Watson easily coasted to his second municipal election victory.

Since then, he has overseen a new council (with eight rookie councillors), secured funding for the second phase of the light rail transit system and the Ottawa River cleanup plan (but that was with the former Conservative government), landed the Juno Awards in 2017 (while sounding the horn for more events during Canada's 150th year) and crossed swords with Uber and taxi drivers alike.

On Tuesday, the mayor will be toasting the one-year anniversary of this term of council and sounding off his 2016 "vision" at an economic luncheon.

Here's a glance at issues worth watching in the second year of this term:

Uber and the taxi bylaw
Balancing the needs of the taxi industry with new ride-hailing apps like Uber will no doubt be a challenge. A review of Ottawa's taxi industry is due by the end of this year.

Networking with new MPs
Working with the previous Conservative government was "challenging," according to Watson, a former Liberal MPP. He's expecting warmer relations with the mostly Liberal Ottawa-area candidates. Expect him to push, again, for municipal representation on the board of the National Capital Commission.

Budget pressures
The city is saddled with $36.3 million in budgetary pressures next year, but the mayor is sticking firm to his campaign promise of a two-per-cent-max tax hike. What that means for the 2016 budget, and beyond, has yet to play out.

Pot possibility
Vanier's new marijuana vapour lounge, BuzzOn, left the mayor fuming last spring. He called it "the last thing the city needs." It will be interesting to see where he stands if prime minister-designate Justin Trudeau makes good on his promise to legalize marijuana.

Jim Watson LUCY SCHOLEY/METRO

IN BRIEF

Mayor Watson to make 'major economic address'
Mayor Jim Watson will outline his economic "vision" for 2016 at a luncheon on Tuesday.

The fourth annual Economic Outlook Luncheon brings together civic and business leaders.

This year, Business Development Bank of Canada president Michael Denham, BMO Financial Group chief economist Douglas Porter, and Dr. David Coletto, CEO of Abacus Data, will also be in attendance.

Watson is also expected to give recap on the previous year.

The event will start at 11:30 a.m. at the Shaw Centre.

LUCY SCHOLEY/METRO

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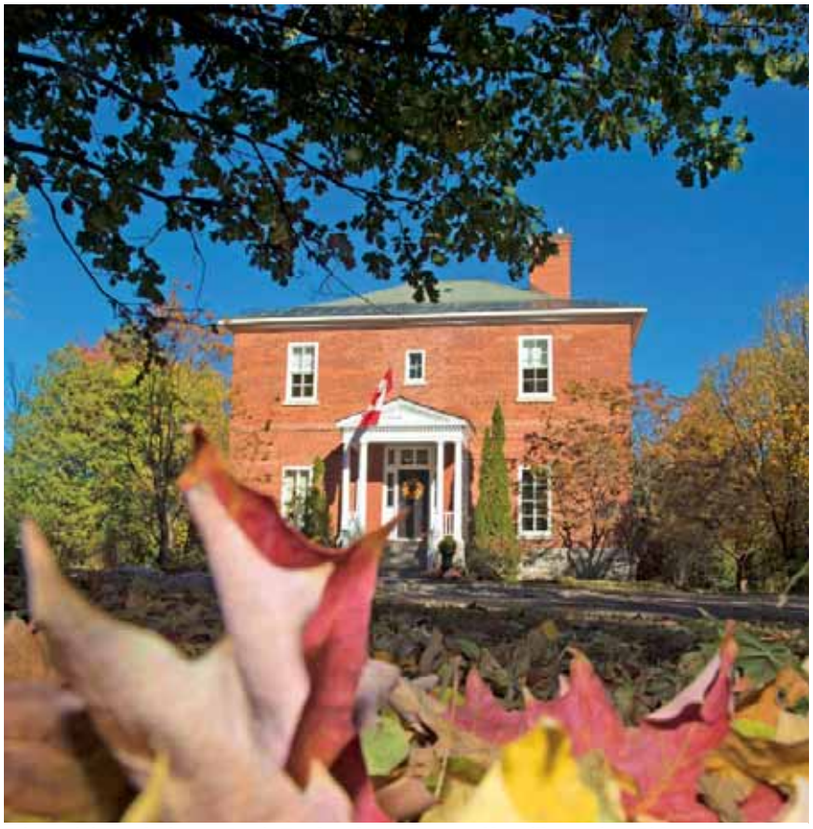

Prime minister-designate Justin Trudeau has announced he will move into Rideau Cottage.
ADRIAN WYLD/THE CANADIAN PRESS

Homecoming will have to wait

TRUDEAU

PM-designate bypassing 24 Sussex for Rideau Cottage

Steve Rennie
Metro | Ottawa

Prime minister-designate Justin Trudeau won't be moving his family into the home in which he grew up — at least, not yet.

Trudeau, his wife Sophie Grégoire and their three young children will instead settle into Rideau Cottage, a two-storey Georgian Revival brick house on the grounds of Rideau Hall.

"Mr. Trudeau and his family will reside at Rideau Cottage until further notice," the Liberal party said Monday in a news release.

Construction of Rideau Cottage began in 1866 and finished a year later. The residence is "distinguished by its symmetry, classically inspired doorway with pedimented porch, its sash windows and paired chimneys," according to a government website.

> **"The perception that the rehabilitation of 24 Sussex is a political problem should be corrected to an understanding that the real issues are of an architectural and heritage nature.**
> National Capital Commission advisory committee document

Where exactly Trudeau and his family will live has been an open question in Ottawa since his Liberal party scored an unprecedented come-from-behind victory in last week's federal election.

Canada's prime minister typically lives at 24 Sussex Dr., but the large stone house, which overlooks the Ottawa River, has fallen into disrepair over the years. Successive prime ministers have been loathe to fix the residence for fear of the optics of spending taxpayers' money on a building few will ever enter.

But federal bureaucrats have long been pushing for work to be done on 24 Sussex.

A National Capital Commission advisory committee met a year ago to discuss a long-term plan for Canada's official residences.

Members of the committee grappled with how to do the necessary work on the residences, particularly 24 Sussex, according to a document obtained by Metro under the Access to Information Act.

The document reveals the committee was aware of the political implications of a renovation of the prime minister's residence.

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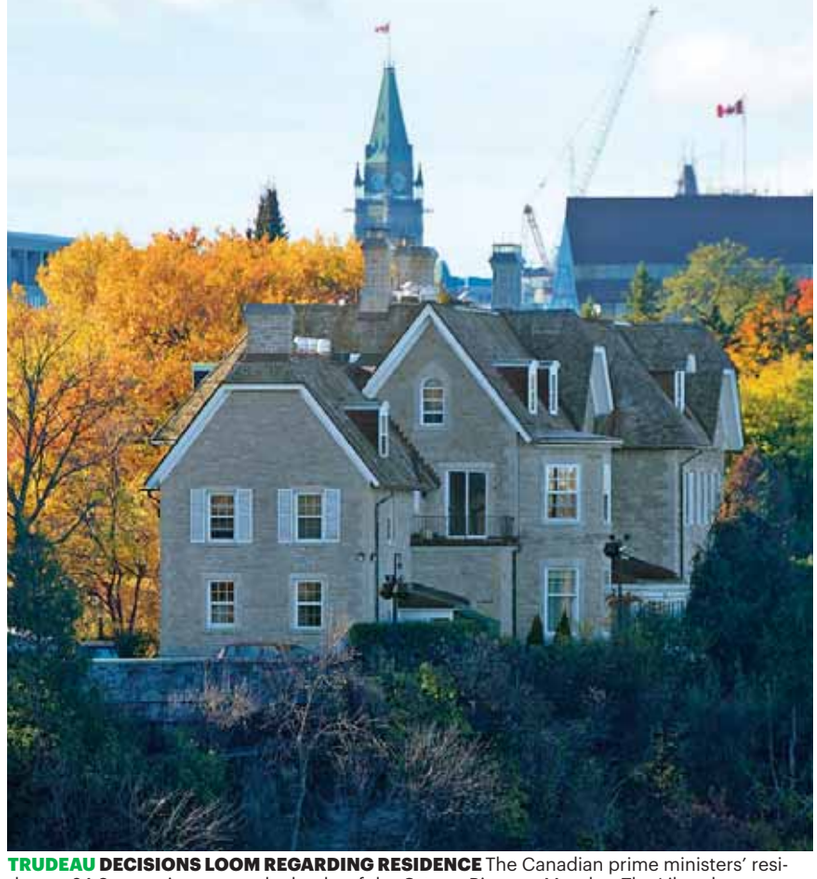

TRUDEAU DECISIONS LOOM REGARDING RESIDENCE The Canadian prime ministers' residence, 24 Sussex, is seen on the banks of the Ottawa River on Monday. The Liberal party says prime minister-designate Justin Trudeau will make decisions regarding repairs at 24 Sussex Dr. "once he has been fully briefed by officials." SEAN KILPATRICK/THE CANADIAN PRESS

Teachers, parents and children picket outside Wakefield Elementary School on Monday as part of rotating strikes.
LUCY SCHOLEY/METRO

Teachers go on strike

EDUCATION

West Quebec schools close for one day

Lucy Scholey
Metro | Ottawa

West Quebec schools shut their doors on Monday as part of rotating teachers' strikes across the province.

The one-day strike affected English-language schools in the Western Quebec School Board, plus their French-language neighbours with the Commission scolaire des portages de l'Outaouais and the Commission scolaire des Draveurs.

The sticking points between teachers and unions have been class sizes, support for students with special needs and workload.

Karen Jones, a Grade 4 teacher at Wakefield Elementary School, was among the roughly 20 teachers, parents and kids picketing outside the school on Monday morning. She said it's not about pay — it's about students.

"There isn't any other priority," said Jones, the Quebec Provincial Association of Teachers (QPAT) union delegate.

"We're hoping that this job action will help and negotiations will move forward."

Parent Darin Hayduk had to book a day off work, but he showed up to the strike with his son and a box of Timbits for the picketing teachers.

"We believe that parents and the community do need to show support," he said.

There could be two consecutive teacher rotating strike days in West Quebec between Nov. 9 and 17. There are also three province-wide strike days planned for Dec. 1, 2 and 3.

School support staff, who are part of a different union, are also expected to strike on Nov. 4.

IN BRIEF

Flu vaccine now available across the province

Ontario's annual flu vaccination drive is officially underway.

The Ministry of Health says anyone living, working or going to school in the province can now be immunized for free at doctors' offices, health clinics and several pharmacies.

But this year's campaign features a twist designed for kids between the ages of two and 17.

They can have their vaccine administered via a nasal spray rather than the traditional injection, though parents may still opt for the conventional approach.

The ministry says the vaccines for children protect against four strains of influenza rather than the three in the adult vaccine.

THE CANADIAN PRESS

CHAMBER OF COMMERCE

Holistic businesses get their own voice

Haley Ritchie
Metro | Ottawa

From chiropractors to real estate agents with feng shui expertise, Ottawa's Holistic Chamber of Commerce will be spotlighting new business practices when it officially launches today.

"There's the typical businesses who are coming forward and love it, but what we're trying to do is show the public that it's not just for typical holistic business," said Lise Desjardins, the organization's president.

So far the organization has 25 members signed up, including chiropractors, massage therapists, a personal finance consultant and a real estate agent. The group is mostly focused on promoting the businesses to the public and hosting networking events.

The term "holistic" can be hard to define, but Desjarins said at the core it's a philosophy that tries to consider all parts of a problem.

In a health-care setting, that means holistic practitioners often try to help a patient change their lifestyle in addition to taking medication. Many holistic businesses are also concerned with being eco-friendly.

The new group has also received an endorsement from Mayor Jim Watson, who describes the initiative as an important hub.

The official launch starts at 6:30 p.m. at KS on the Keys in South Keys at 1029 Daze St. Holistic business owners are invited to learn more about the group.

Businesses interested in joining the group will pay a $177 membership fee and will be vetted to make sure they meet the criteria.

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‘You’ll see more money’

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau’s to-do list. Today, we examine his promise to raise taxes on high-income earners and cut them for the middle class.

Michael Woods
Metro | Ottawa

Prime minister-designate Justin Trudeau hugs a supporter as he leaves the stage after a welcome rally in Ottawa on Oct. 20.
ADRIAN WYLD/THE CANADIAN PRESS

During his first couple of years as Liberal leader, Justin Trudeau spoke at length about helping the middle class, but didn’t give many specifics on how exactly he would do it.

That all changed on an early May morning at Dinty’s, a casual family restaurant in the west end of Gatineau, Que.

Trudeau announced the Liberals would create a new, fifth tax bracket for high-income earners and use the money to fund a tax cut for middle-income earners.

In other words, a Liberal government would ask the rich to pay more so the middle class can pay less.

The plan, along with the proposed Canada Child Benefit and scrapping income splitting, became a central piece of Trudeau’s “fairness” pitch to so-called middle-class voters.

Less than two weeks before the federal election, Trudeau upped the ante: He said the tax cut would be the first legislation his government would introduce after election day.

“A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class,” he said at a suburban Toronto grocery store on Oct. 9. “You’ll see more money on your paycheques right away.”

Trudeau **PROMISES TRACKER**

PART II

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

It’s unclear at this point when Parliament will be recalled. Trudeau is appointing his cabinet Nov. 4. But here’s how the plan will work.

The Liberals have said they will create a new, 33 per cent tax bracket for Canadians making more than $200,000 annually. They would also cut the tax rate for people earning between $44,701 and $89,401 from 22 per cent to 20.5 per cent.

> **A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class**
> Prime minister-designate Justin Trudeau

Trudeau has said that will save $670 per person, per year.

The Liberal platform says the two tax changes will be revenue neutral: The $3 billion in tax relief for middle-income earners will be offset by $3 billion in revenue generated by the new tax bracket.

There are questions about who would benefit most from the tax cut.

“They’re calling it a middle class tax cut because it aims at the middle tax bracket,” said David Macdonald, senior economist at the Canadian Centre for Policy Alternatives. “In fact, the people who get the most benefit from the middle class tax cut earn the top 20 per cent of households.”

Macdonald said to fully benefit from the proposed tax break, people would have to earn a greater amount than the top of the bracket.

“You have to make at least $89,000 personally to benefit from the full value of this tax break,” Macdonald added. “That’s three times the median income.”

However, Macdonald said the Liberal platform has progressive elements, such as the Canada Child Benefit, which will do much for families with children, as well as boosting the guaranteed income supplement, which will help seniors.

Names vying for top spot

The race for interim leader of the Conservative Party already has several candidates, and several more have confirmed they are not running. Metro compiles a list of who’s in and who’s out.

WHO’S IN?

1 **Erin O’Toole**
Veterans Affairs Minister

2 **Rob Nicholson**
Minister of National Defence

3 **Diane Finley**
Minister of Human Resources

WHO’S OUT?

1 **John Baird**
Former foreign affairs minister

2 **Mark Mulroney**
Son of former prime minister Brian Mulroney

3 **Jean Charest**
Former premier of Quebec

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Info on sinking victims released

BRITISH COLUMBIA

Five killed in boat capsizing were British, officials say

All five people who died after a whale-watching ship sank off the west coast of Vancouver Island were British nationals, Britain's Foreign Office confirmed Monday.

"My thoughts are with the family and friends of all those affected by this terrible accident," British Foreign Secretary Philip Hammond said in a statement, adding consular staff in B.C. are supporting grieving family members.

The B.C. Coroners Service said Monday those who died ranged in age from 18 to 76, and that four of them were men.

Three of the dead were from Britain, while two of the British nationals were living in Canada. The woman was from B.C., and a man lived in Ontario, the service said.

A tour boat with 24 passengers and three crew members on board sank Sunday afternoon about 15 kilometres northwest of Tofino, B.C.

First responders managed to rescue 21 passengers, some of them injured. The search for one person still missing was called off Sunday night.

Boats from the nearby Ahousaht First Nation that answered the ship's mayday call on Sunday around 4 p.m. found it partially submerged.

Authorities have not said what might have caused the boat to sink.

Kelsey Rix and two other health-care workers were on a Tofino dock Monday preparing to leave for the village of Ahousaht.

The community health nurse said they'll be checking on the well-being of those who tried to help people thrown into the water.

"The local First Nations were the first in the water and the first to pull out the victims," she said.

Valerie Wilson, with the Island Health authority, said four people remain in different hospitals around the province. All of them are listed in stable condition, she said.

Wilson said 18 other people aboard the vessel have been assessed, treated and released from hospital in Tofino.

Robert Burridge of Nanaimo, B.C., was in Ahousaht on Sunday afternoon and estimates that every available vessel in the village was in the water searching for missing people.

"The Ahousahts were the first on the scene," he said. "They know these waters. They have a custom not to leave a body out at sea."

Ahousaht First Nation Coun. Tom Campbell was on the Tofino waterfront and watched as rescue personnel brought several of the survivors ashore.

"Their looks tell the whole story," he said by phone from Tofino. "You can't describe looks on people that are lost. They look totally lost — shocked and lost."

The mayor of Tofino commended locals for their contributions.

"Everybody's heart is just breaking for what's going on here and wanting to be as helpful as possible," Josie Osborne said by phone late Sunday.

Michael Harris, executive director of the Pacific Whale Watching Association, said the whale-watching community is in shock over the incident. THE CANADIAN PRESS

Canadian Coast Guard crew arrive at a dock in Tofino, B.C., shortly after midnight Monday following a search-and-rescue operation on Sunday involving a whale-watching boat with 27 people on board that capsized near Vancouver Island. Authorities have not said what might have caused the boat to sink. CHAD HIPOLITO/THE CANADIAN PRESS

STATEMENT

The 20-metre boat, the Leviathan II, belonged to a local whale-watching company called Jamie's Whaling Station.

It issued a statement saying its entire team was heartbroken by the tragic day.

"We are doing everything we can to assist our passengers and staff through this difficult time," owner Jamie Bray said. "We are co-operating with investigators to determine exactly what happened."

FIRST NATIONS

Reserves don't have to open books pending ruling: Judge

A federal court judge has ruled five First Nations don't have to open their books to the public pending a challenge to a federal law.

The First Nations Financial Transparency Act, passed in 2013, requires all reserves to post salaries and audited financial statements online.

The reserves challenging the law say it is unconstitutional based on their treaty and aboriginal rights.

Ottawa took the five bands — Sawridge and Athabasca Chipewyan First Nations in Alberta and Thunderchild, Ochapowace and Onion Lake bands in Saskatchewan — to court earlier this year for not filing their information.

Court cases are also pending against another three reserves: Roseau River Anishinabe in Manitoba, Liard First Nation in Yukon and Algonquins of Barriere Lake, Que.

Judge Robert Barnes wrote in his decision, released Friday, that the government has the right to enforce its law until the challenge is heard.

But "the greater public interest favours the respondent First Nations and their right to move forward with their litigation in the absence of the encumbrance of the attorney general's competing application."

The government has withheld funding from dozens of reserves that haven't released their information by a set deadline.

Chief Wallace Fox said in an affidavit that the government has kept slightly more than $1 million in funding from Onion Lake. THE CANADIAN PRESS

ONION LAKE

The judge also ruled against the Onion Lake band's request to have the government return so-called "non-essential" funding it has withheld since November 2014, when the reserve stopped releasing its financial information. Barnes said in his decision that there wasn't enough evidence to prove the reserve has suffered "irreparable harm."

POLITICS

Canada's U.S. ambassador says his stint will end soon

Canada will soon have a new ambassador to Washington.

Gary Doer has confirmed he'll be leaving Canada's most important diplomatic post once he's helped the new Liberal government with its transition.

The sports-loving ambassador made the announcement in characteristic fashion: with a hockey metaphor.

Repeating a phrase he's often used when asked how much time he has left, Doer described himself as being in "double-overtime" — and, in his first interview since Canada's federal election, he made it clear there will be no triple-overtime.

The former NDP premier of Manitoba was appointed six years ago, making his stint in Washington longer than the vast majority of his recent predecessors.

Doer was selected by Prime Minister Stephen Harper in the hope that his left-of-centre roots and social network might help relations with the then-rookie Obama administration.

While much of the chatter about Canada-U.S. relations over the last six years has focused on the Keystone XL pipeline irritant, the era also witnessed a series of successes on Canadian priorities.

The latter include a deal to unclog border crossings; Canada's entry into the Trans-Pacific Partnership trade negotiations; an agreement on a new Detroit-Windsor bridge that bypassed opposition in the U.S. Congress; anti-red-tape measures; and a coveted classification of Canadian hydro power as a renewable energy. THE CANADIAN PRESS

Gary Doer THE CANADIAN PRESS FILE

EU CRISIS

Migrants surging across Balkans

The surge of migrants crossing the Balkans on their way to Western Europe continued unabated on Monday in the hours after European leaders reached an agreement to slow the flow that has heightened tension among nations along the route.

European Union leaders committed to helping the Balkans handle the flow of people making their way through the region en route to more prosperous countries. But with cold weather setting in and record numbers of people arriving, questions remain about whether that assistance can come quickly enough to make a difference.

"This is a step in the right direction and now it is crucial to respect the commitments," said Slovenian Prime Minister Miro Cerar.

Croatian police said Monday more than 13,000 migrants arrived from Serbia in the past 24 hours, while Slovenian police reported nearly 10,000 arrivals from Croatia in the same period. Further west, some 3,500 people had to sleep outside in Austria in cold fall weather, while Germany said it had seen 15,000 arrivals over the weekend.

The EU leaders committed to bolster the borders of Greece as it struggles to cope with the wave of refugees from Syria and beyond who cross over through Turkey. They agreed reception capacities should be boosted in Greece and along the Balkans migration route to shelter 100,000 more people as winter looms and additional EU border watchdog agency officials will be deployed to monitor the flow. THE ASSOCIATED PRESS

> **This is a step in the right direction.**
> Miro Cerar, PM of Slovenia

A migrants reception facility is seen in Brezice, Slovenia. Thousands of people are trying to reach northern Europe via the Balkans. ELDAR EMRIC/THE ASSOCIATED PRESS

IN BRIEF

Abbas seeks EU help to ease crisis with Israel

Palestinian leader Mahmoud Abbas came to European Union headquarters Monday to seek the bloc's help with the crisis with Israel. There have been almost daily Palestinian attacks against Israeli civilians and security forces. In the past five weeks, 10 Israelis have been killed in Palestinian attacks, while 51 Palestinians have been killed by Israeli fire, including 30 said by Israel to be attackers and the rest in clashes. Abbas said a cause of the flare-up is Israel's refusal to honour an arrangement governing a sensitive holy site in Jerusalem revered by both Jews and Muslims. THE ASSOCIATED PRESS

Victims of Monday's earthquake receive treatment at Ayub Medical Hospital in Abbottabad, Pakistan. The earthquake reverberated across Asia and took a massive toll in the mountain regions near the Afghan-Pakistan border. AQEEL AHMED/THE ASSOCIATED PRESS

Afghanistan reeling from massive quake

SOUTH ASIA

7.5-magnitude event causes widespread death, damage

A massive earthquake struck remote and impoverished regions of northern Afghanistan and Pakistan on Monday, killing at least 263 people as it shook buildings across South Asia and knocked out power and communications to already-isolated areas.

The 7.5-magnitude quake was centred deep beneath the Hindu Kush mountains in Afghanistan's sparsely populated Badakhshan province, which borders Pakistan, Tajikistan and China, the U.S. Geological Survey said.

In the Afghan capital of Kabul, buildings shook for 45 seconds, walls cracked and cars rolled in the streets as electricity went out. Workers who had just returned from lunch rushed from swaying buildings in the Pakistani capital of Islamabad and to the south in the Indian capital of New Delhi.

At least 228 people were killed in Pakistan, with more than 1,000 injured, while Afghan officials reported 33 dead and more than 200 injured, and authorities in the Indian-controlled Kashmir region reported two deaths. Officials expected the casualty toll to rise as they reached the remote areas.

Authorities struggled to reach the hardest-hit areas in Afghanistan near the epicentre, located 73 kilometres south of Fayzabad, the capital of Badakhshan province.

Afghanistan's President Ashraf Ghani sent condolences to those who lost relatives and property and appointed an "assessment committee" to ensure emergency relief reached the needy as soon as possible, his office said. THE ASSOCIATED PRESS

AID

The U.S. has emergency shelters and kits stored in Afghanistan that could be used for aid there. Pakistan's army chief Gen. Raheel Sharif, has ordered troops to respond to affected areas in his country. THE ASSOCIATED PRESS

DEMOCRACY

Roundup: Voters around the world cast ballots in elections

HAITI

Haiti's voters have spoken. But nobody's quite sure what they've said.

Even tentative results of Sunday's presidential election likely won't be known for at least 10 days, despite the fact the election, which involved 54 presidential candidates and tens of thousands of contenders for other races, went unusually smoothly.

Haitian and international rights groups said voting was

largely free of any disorder.

POLAND

Official results from Poland's parliamentary election on Monday confirmed the right-wing Law and Justice party took more votes than any other group.

The country's election authority said Law and Justice won 37.6 per cent of the vote in Sunday's parliamentary election.

UKRAINE

Four exit polls from Ukraine's local elections released Monday indicated the governing coalition would retain its dominant position in the west and centre of the country despite widespread disappointment with

President Petro Poroshenko's government.

In the south and east, voters favoured the Opposition Bloc, formed from the remnants of the party of the former pro-Russia president.

More than 130 parties fielded candidates. Complete results are expected Nov. 4.

ARGENTINA

The top 2 presidential candidates in Argentina reset their campaigns Monday after a razor-close election vote forced a runoff and cast doubt on the legacy of President Cristina Fernandez.

GUATEMALA

Now that former comedian

Jimmy Morales has ridden a tide of voter frustration to win Guatemala's presidency, it remained unclear Monday about what the political neophyte might do once in office. THE ASSOCIATED PRESS

Canada Post announced in 2013 a plan to phase out door-to-door delivery and cut up to 8,000 jobs as home mail delivery revenues continued to decline. THE CANADIAN PRESS FILE

Community box program halted

POSTAL SERVICE

Decision affects nearly half a million households

The country's national mail carrier has halted the installation of community mailboxes, one week after the Trudeau Liberals were elected with a pledge to scrap the move away from door-to-door delivery.

"Canada Post is temporarily suspending future deployment of the program to convert door-to-door mail delivery to community mailboxes," the Crown agency said in an email.

The move means nearly half a million households that were to be converted over the next two months will keep their current mail service.

"Efforts are now underway to place the comprehensive program on hold in an orderly fashion," said the statement.

"Customers impacted by this decision will receive a letter within the next few weeks advising them of the status of their mail delivery service."

But those already converted over the last 10 months will not get door-to-door service back — at least not under Canada Post's current plan.

The union representing postal employees said it was elated with the news. But the Canadian Union of Postal Workers will be pushing the Liberal government to reverse the cuts to postal services that have been made so far, said the organization's national president.

"I think the people of this country spoke quite clearly last Monday," said Mike Palecek.

"We also need to look at restoring the home mail delivery to those who have already lost it," Palecek added.

"And we need to look at having a public mandate review for Canada Post about exactly what direction we want this Crown corporation to go."

CUPW has been pushing Canada Post to expand its business into ventures such as postal banking services, similar to those adopted in other countries including the United Kingdom and France.

Liberal Leader Justin Trudeau promised during the election campaign to reverse cuts to door-to-door mail delivery that were begun under the Harper Conservative government.

And with the Liberals elected to a majority government, some Liberal MPs said they were getting an earful from constituents who wanted to know why the boxes were still being installed.

There were several localized protests against the installations in Ontario and Newfoundland and Labrador, with some people defiantly taking to standing or lying on dirt piles to prevent workers from placing cement foundations for the mailboxes.

THE CANADIAN PRESS

WHERE IT STANDS THIS YEAR

Mail volumes decline but overall revenues increase

Canada Post reported in May that letter mail volumes fell 8.4 per cent in the first quarter of 2015, or by 41 million pieces, compared with the same period a year earlier. At the same time, however, the agency said it recorded a 10 per cent increase in overall revenues and a before-tax profit of $24 million in the first three months of the year, contrasting with a $37-million loss during the same quarter in 2014.

PHARMACEUTICALS

Valeant fires back at Citron Research

Drug maker Valeant Pharmaceuticals is asking U.S. securities regulators to investigate Citron Research, whose explosive report about the Quebec-based company's business practices caused its stock to crater.

Chief executive Michael Pearson told analysts Monday that the main reason for Valeant's recent problems is that it is the victim of false allegations by outsiders who want to manipulate the market to their own profit.

Pearson says he has called on the Securities and Exchange Commission to investigate Citron Research and Andrew Left, its executive editor, after the U.S. short seller compared Valeant to Enron, the U.S. energy firm that collapsed after widespread deception and fraud at the highest levels of management.

"His motivation is the same as someone who runs into a crowded theatre to falsely yell 'fire'," Pearson said.

"He intentionally designed the report to frighten our shareholders to drive down the price of our stock so he could make money for his short selling."

THE CANADIAN PRESS

IN BRIEF

CMHC sees slowdown

A rise in the inventory of unsold homes, higher prices and mortgage rates and an increase in the supply of rental units are all expected to cool the housing market over the next two years, Canada Mortgage and Housing Corp. said Monday.

THE CANADIAN PRESS

market minute

DOLLAR 75.97¢ (+0.07¢)

TSX 13,790.90 (-162.76)

OIL $43.98 US (-62¢)

GOLD $1,166.20 US (+$3.40)

NATURAL GAS: $2.062 US (-22.4¢)
DOW JONES: 17,623.05 (-23.65)

RETAIL

Bay plans discount U.S. chain

Hudson's Bay Co. is bringing a new discount fast fashion option to the United States.

The Canadian department store chain operator says it hopes to attract young shoppers on the hunt for cheap and trendy threads with Find @ Lord & Taylor.

The offshoot of its Lord & Taylor department store chain will stock name brands at prices reduced by as much as 70 per cent.

Styles hot off the runway have been soaring in popularity over the past decade, led by European low-priced chains like H&M and Zara.

As those companies rapidly expand into smaller markets, they've attracted more people who might have once spent their money at department stores.

Hudson's Bay Co. says its new Find @ Lord & Taylor stores will offer a selection of women's, men's and kids apparel, as well as footwear and home furnishings.

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EMMA TEITEL

It's too early to tell what the PM's pot-friendly Canada will look like. But what it won't look like, I'd wager, is a land full of sober teenagers.

Everybody wants success, but few know what to do with it. The American poet Dorothy Parker said it best when she wrote: "If I should labor through daylight and dark/ Consecrate, valorous, serious, true/ Then on the world I may blazon my mark/ And what if I don't, and what if I do?"

Justin Trudeau is familiar with the sentiment: there are equal parts joy and dread in having one's dreams come true. The Liberals' rapid rise means a party previously down and out must deliver on some very big promises.

Trudeau campaigned on legalizing and regulating marijuana, something he believes will limit youth access to pot by eroding the black market. But beyond vague assurances that legalization and regulation are good and prohibition is bad, his party hasn't yet informed the public about when or how exactly its legal pot plan will materialize.

The argument that legalization will keep weed away from youth is unconvincing.

"Between now and Nov. 4, our commitment is forming a new government," says Liberal spokesman Cameron Ahmad. Legalization, he adds, will "ensure that criminal organizations don't benefit from government policy that isn't working."

Pot activists, meanwhile, are having a Dorothy Parker moment of their own, ambivalent about the future. Hugô St-Onge, spokesperson for the Bloc Pot — a pro-cannabis party in Quebec — is happy to see a weed-friendly PM in office but worries the Liberals' proposed regulation will be too strict and too expensive to stymie organized crime.

Government officials in Colorado warn that legalization is rife with complications. Trudeau may not be thinking in great detail about an issue his party has filed under "to do after Nov. 4."

It's too early to tell what a pot-friendly Canada will look like. But it won't be, I'd wager, a land of sober teenagers.

Yes, legal weed may erode the black market, but the argument that legalization will keep weed away from youth is unconvincing. Regulation may curb organized crime's influence but it cannot eliminate another pesky criminal entity: the older sibling who — out of kindness or for the right price — is willing to assist a younger sibling. Which is to say, alcohol is legal and regulated, but that does not prevent irresponsible brothers and sisters of legal drinking age (bless them) from stocking the fridge with beer for their siblings' parties.

A Canada with legal weed will likely be a Canada in which more people are stoned. That some of those people may be teens is disturbing to many. But parents wary of Trudeau's promise might take comfort in the possibility that legalization will eliminate the criminal stigma, making it easier to ask kids about pot.

In a world where pot is illegal, the message to youth is a) It should be avoided at all costs and b) It's totally cool to overindulge, and anyone who suggests otherwise is a blowhard. Legalization will not solve all our problems but it will make it clear the truth lies somewhere in the middle.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

Rules designed for cars don't work for cyclists

YOUR RIDE
Kathryn Hunt

Any time cycling and the rules of the road are discussed, the same argument seems to come up: If cyclists want to be treated like vehicles, they should obey the same rules as drivers. They can't just cherry-pick the ones they want, hopping on and off the sidewalk, riding the wrong way down one-way streets and riding through stop signs and red lights.

In the absence of specific bike infrastructure that avoids conflicts, cyclists can sometimes resort to rule-bending that favours their safety.

But it's more complicated than that. Bikes weigh much less than cars, travel at different speeds and are vulnerable to different hazards. So, sometimes, rules designed for cars make things dangerous for cyclists.

Drivers don't expect to be able to share a single lane with another car the way they do with bikes, for one thing. A driver also generally doesn't have to worry about someone suddenly turning right across their path, or having to wait until the last minute to merge from the far right to the far left to get into a turn lane, at half the speed of the rest of traffic.

In the absence of specific bike infrastructure that avoids some of these conflicts, cyclists can sometimes resort to rule-bending that favours their safety. Quite a few cyclists have told me that they frequently ride "contraflow" — the wrong way — on quiet, one-way streets to avoid bigger, busier ones. One told me he'll ride the wrong way over half a block of sidewalk in order to "avoid three blocks of death ride." Many will get on the sidewalk when it feels too dangerous to be in the road with fast or aggressive traffic, and some run stop signs and red lights as a conscious tactic to get out of the intersection before they have to deal with moving traffic.

And sometimes lawmakers make concessions, making something legal when it's clearly the safer choice. For example, in some clearly marked places in Ottawa, cyclists are allowed on sidewalks, particularly to go the opposite direction on one-way streets.

More usefully, there are also contraflow lanes which allow cyclists to ride in the street against traffic, generally on quiet streets. Advance bike lights also allow cyclists to clear intersections ahead of cars.

Sure, some cyclists will still break the rules in ways that are dangerous or careless, but the people I spoke to had good reasons. Laws written for cars don't always work for bikes.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

ROSEMARY WESTWOOD
metroview

Anti-choicers don't just hate abortion, they hate vaginas

Yeast infections! Yeast infections! Shout it with me: Yeeeaaasssst infeeections!

Fun, right?

But, also: effective.

I don't mean the infections themselves, though they are effective at causing extreme itchiness (God bless antifungal cream).

No, I mean shouting "yeast infections" breaks up anti-Planned Parenthood protests faster than Angry Con derails a Harper rally.

Women might be susceptible to the discomfort of Candida albicans (vaginal yeast), but Planned Parenthood demonizers? They're allergic to just the words. Admittedly, it takes a few doses. Try chanting "yeast infections!" over and over for 20 minutes. Add a high kick or two. Should do the trick.

For this treatment, we can thank Mary Numair, a 29-year-old from Portland, Ore.

It all started Sunday, when protesters, one carrying an "Abortion Kills Children" sign, began marching outside the cat rescue where Numair works. So, she got started with her own cardboard sign: "Dear P.P., Thanks for helping with my yeast infections!" Decorating the sign with hearts, a stick figure with breasts and a close-up of a vagina, Numair infiltrated the crowd.

"I did get called a whore," she told Slate magazine. "One woman was shaking her head. I knelt down to her kid and said, 'Do you know about yeast infections?'"

"I don't know why I started chanting.... It just came out," she said. "And I started doing high kicks, which I don't normally do in my skinny jeans."

Though the protesters tried to ward her off by praying for her, they eventually couldn't take it anymore and left. She posted her win on Instagram and told Slate she's convinced her tactics will work for others. (I reached out to Numair but didn't hear back.)

This event is instructive. Numair has shown that anti-choicers don't only hate abortion, they find actual vaginas icky. (Sticky, I'll grant you, but wonderful.)

Planned Parenthood has been vilified for a video about its fetal tissue donation program. It's fighting to survive defunding attacks from state and federal politicians, while women, by dint of geography, means or insurance status, are increasingly denied the right to abortions and other crucial health services PP provides.

So, you can see why pro-PP protesters need all the ammunition they can get — and Numair's chant has opened up a plethora of explicitly genital-related choices. Vagina! Labia! Bladder infection! Chlamydia!

The more graphic, the better. The protesters are bound to disperse, thanks to the imagery you've conjured up. Feel free to get creative and hit them where it hurts.

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McDonald's Canada to remove antibiotics used in humans from its chicken by the end of 2018.

The healing power of hip hop

MEDICINE

Doctors use popular lyrics to fight mental health stigma

Dr. Akeem Sule, left, and Dr. Becky Inkster write about the connection between hip hop, mental health and drug culture. TORSTAR

The lyrics of hip hop greats are filled with imagery about mental illness, addiction and overcoming struggles — from musings on the dangerous power of alcohol in Kendrick Lamar's 2012 song Swimming Pools to the portrait of an obsessive fan in Eminem's 2000 track Stan.

With that connection in mind, two rap-loving researchers have launched Hip Hop Psych, a mental health awareness initiative using the genre for anti-stigma campaigns and outreach work in prisons, schools and hostels.

The pair have written about the connection between hip hop and mental health and drug culture for major medical journals such as The Lancet and the Journal of Public Mental Health.

Here, psychiatrist Dr. Akeem Sule, based out of the Cumbria and South Essex NHS Trusts in the U.K., and Canadian neuroscientist Dr. Becky Inkster, a University of Toronto grad who's now working in the psychiatry department of the University of Cambridge, talk about how the genre can break down stigma.

What, exactly, is Hip Hop Psych all about?

AS: When you look at the origins of hip hop, you find out it happened in south Bronx at a time when there was economic collapse and the plight of African-Americans and Hispanics was really bad. But out of this same culture came a multibillion-dollar industry. What Becky and I believe is that, when you look at the hip hop lyrics, you can actually see snippets of mental-health problems — but also look at resilience.

BI: It's often really difficult to get these medical messages across. There's so much research and knowledge out there, but it falls short of actually reaching the people. This is such a different, unique way of delivering the information in a way people can relate to.

What does your outreach work look like?

AS: Our outreach work has involved prisons, where we dissect lyrics which have a focus on resilience. We talked to the prisoners and identified lyrics which we dissected with emphasis on resilience (eg. positive visual imagery, cognitive reframing.) We also talked about mental-health problems highlighted in the lyrics … the prisoners felt able to open up about mental-health problems they had been experiencing in a way that would not have been possible if hip hop lyrics were not used.

> **It doesn't sugar coat anything and the message comes from the heart.**
>
> Dr. Becky Inkster on why hip hop is an effective tool for mental health outreach work

So what's special about hip hop? Why this versus another genre?

BI: It tends to be really raw in terms of the message. So it doesn't sugar coat anything and the message comes from the heart. It's often about socio-political struggles, self-expression, equality, fighting for what you deserve.

AS: It kind of focuses on the underdog, the underclass. What could be more relevant? Hip hop is really good at reaching hard-to-reach communities.

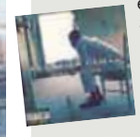
TORSTAR NEWS SERVICE

THE MESSAGE

Deconstructing some of our favourite songs

• Notorious B.I.G.'s Juicy

"It's about aspirations. There is some interesting research about people having future-positive visual imagery. In this track, Biggie's actually doing that. It's a way of developing resilience," says Dr. Sule



• Kendrick Lamar's Swimming Pools

"If you hear it, it sounds like a horrible, horrible message about alcohol misuse. It's actually about a kid going through hard struggles and trying to make the right decisions while his environment, and pressures around him, are fighting against him," says Dr. Inkster.

• Eminem's Stan

"Stan is very interesting, because you see all kinds of materials covered, from attachment difficulties at a young age to the implications of self-harm and drug addiction," says Dr. Sule.

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LAMAR ODOM

Health Canada takes aim at herbal Viagra

Devon Scoble
For Metro Canada

Both Health Canada and the FDA have published warnings against so-called "herbal Viagra" after Lamar Odom, former Los Angeles Lakers forward and estranged husband of Khloe Kardashian, landed in a coma earlier this month following a bender at a Nevada brothel.

Witnesses and a spokesperson for the Love Ranch report that before his collapse, Odom took cocaine, alcohol and up to 10 natural sexual performance enhancers, including Reload and Libimax Plus.

Health Canada and the FDA warn against Reload — one of many natural supplements that go by the loose street name herbal Viagra — citing undeclared ingredients that could prove dangerous when taken with other drugs.

It's difficult to confirm the availability of herbal Viagra in Canada, but Maryse Durette, a spokesperson for Health Canada, warns against unregulated foreign supplements that may enter the marketplace via travellers or the Internet.

Often these products contain undeclared ingredients, including those found in legitimate, prescription-only erectile dysfunction drugs like Viagra and Cialis.

"Undeclared ingredients are dangerous, potentially deadly," says Durette.

"If you don't know what you're taking, then you can't know how it will interact with your regular prescriptions, your diet, your allergies or health conditions. 'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural', either."

Outrageous drug names prevail, and distinguishing approved supplements (like Horny Goat Weed) from banned ones (like Cave Diver, Get It Up and Reload) requires both caution and common sense.

Durette reminds consumers that approved natural health products, or NHPs, can be identified by an eight-digit natural product number (NPN) or homeopathic medicine number (DIN-HM).

When in doubt, check Health Canada's database and always consult your healthcare provider before taking supplements.

Health Canada warns that drugs promoted for weight loss, body building, erectile dysfunction, sleep problems, inflammatory conditions and treatment of diabetes are particularly prone to adulteration.

They say to always check for the NPN or DIN-HM and avoid buying from websites that advertise miracle cures or refuse to provide a legitimate street address and telephone number.

> **'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural,' either.**
> Maryse Durette, spokesperson for Health Canada

Soules wanted to be the best Bachelor he could be

FITNESS

Farmer turned reality star shares his workout tips

If Chris Soules ever needed incentive to get ripped, the thought of millions of people watching him date on TV did it.

"I wanted to be the best Bachelor I could be," Soules said during a visit to Toronto for a Grain Farmers of Ontario event. "I worked really hard to get into shape."

The 33-year-old farmer — best known for his turn as the 19th Bachelor on the romance reality show by the same name — grew up working on his family farm in Arlington, Iowa and playing football in college. But he admits he fell off the fitness bandwagon for a time, not taking care of himself and eating too much.

It was his looming Bachelor debut that spurred him into action. For five weeks, Soules worked out religiously — twice daily for an hour and a half each — determined to transform himself into a chiseled figure worthy of appearance-obsessed reality TV.

The thought of meeting 30 beautiful women helped too.

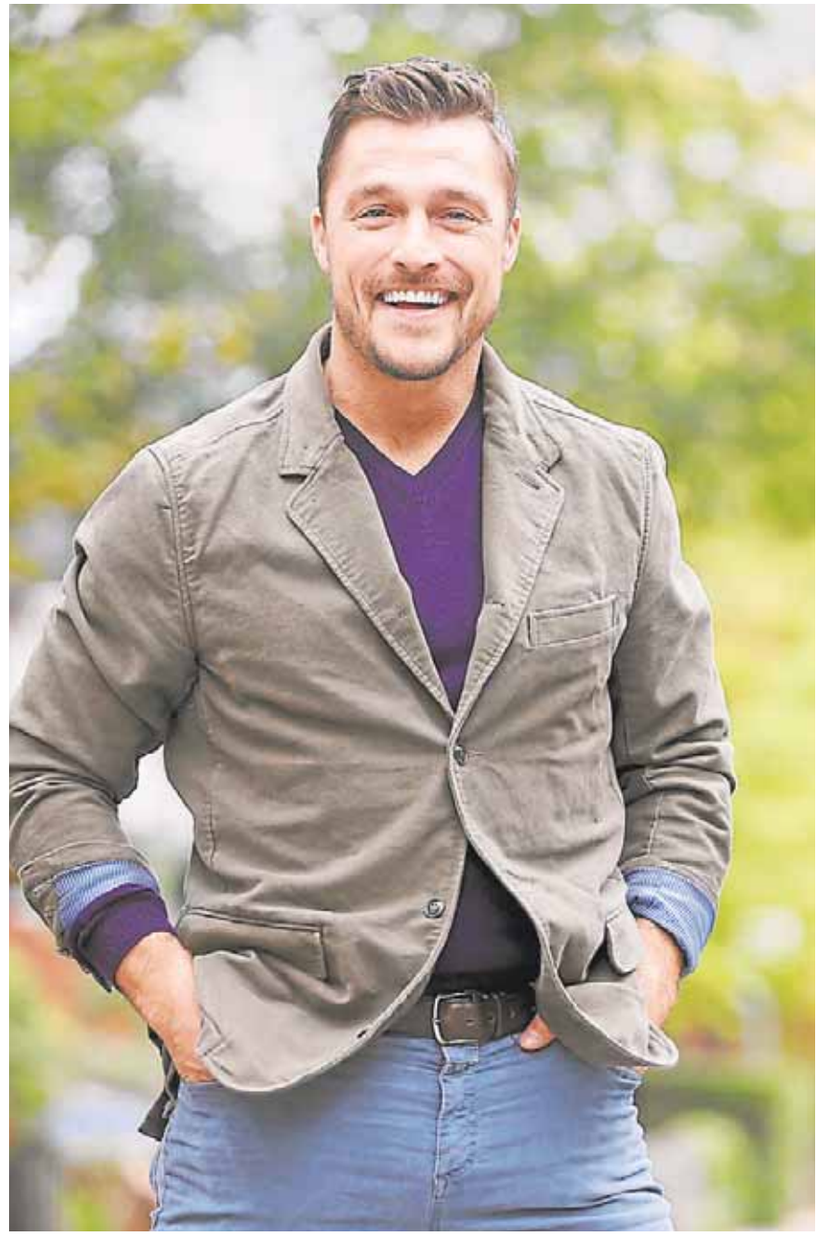
"I knew they would be trying to be their best so I wanted to be my best," he said.

After the show, Soules' stint on Dancing with the Stars pushed his body to even higher limits.

"It was a non-stop, gruelling process but I loved every second of it," he said of practising dance for six-plus hours every day for 10 weeks.

Today, his workout is a bit more sustainable — an hour and a half every day.

Without it? "I don't feel normal," he said. TORSTAR NEWS SERVICE



U.S. Bachelor star and farmer Chris Soules trained for an hour-and-a-half, five days a week, twice a day to get in shape for the show. VINCE TALOTTA/TORSTAR NEWS SERVICE

HOW HE DOES IT:

His daily workout:
Cardio: Either four miles (6.4 kilometres) on the treadmill or 30 minutes on the elliptical machine.
Weights, etc.: After cardio, Soules spends one hour doing weights, working with a kettle bell, doing lunges and ab exercises.

His diet:
Soules says he likes to eat "a healthy, clean diet" filled with vegetables and meat. He has a penchant for hard-boiled eggs.

His playlist:
Soules says he prefers country for cardio and rap for weights. Here are some of the artists on his playlist:

- Jason Aldean
- Ellie Goulding
- Eric Church
- Mumford & Sons
- Notorious B.I.G.
- Jay Z
- Eminem

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Cured meats linked to cancer: WHO

PROCESSED FOODS

Daily intake increases risk

TORSTAR NEWS SERVICE/FILE

Hot dogs, bacon, cold cuts and other processed meats raise the risk of colon, stomach and other cancers, and red meat probably contributes to the disease, too, the World Health Organization said Monday, throwing its considerable authority behind what many doctors have been warning for years.

WHO's cancer agency analyzed decades of research on the subject and issued its most definitive statement yet, putting processed meats in the same danger category as smoking or asbestos, though that doesn't mean, say, salami is as bad as cigarettes.

The meat industry protested the classification, arguing that cancer isn't caused by a specific food but also involves lifestyle and environmental factors.

A group of 22 scientists from the WHO's International Agency for Research on Cancer in Lyon, France, evaluated more than 800 studies from several continents about meat and cancer.

The studies looked at more than a dozen types of cancer in populations with diverse diets over the past 20 years.

Based on that evaluation, the IARC classified processed meat as "carcinogenic to humans," noting links in particular to colon cancer.

It said red meat contains some important nutrients, but still labelled it "probably carcinogenic," with links to colon, prostate and pancreatic cancers.

The agency said it did not have enough data to define how much processed meat is too dangerous, but said the risk grows with the amount consumed.

Analysis of 10 of the studies suggested that a 50-gram portion of processed meat daily — or about 1.75 ounces — increases the risk of colorectal cancer over a lifetime by about 18 per cent.

An ounce and three-quarters is roughly equivalent to a hot dog or a couple of slices of bologna, though it depends on how thinly it is sliced.

"In view of the large number of people who consume processed meat, the global impact on cancer incidence is of public health importance," Dr. Kurt Straif of the IARC said in a statement.

THE ASSOCIATED PRESS

EVERYDAY LIFE

Other cancer-causing substances

Alcohol: According to the U.S. Department of Health and Human Services' National Toxicology Program Report on Carcinogens, an estimated 3.5 per cent of all cancer deaths in the U.S. in 2009 were alcohol related.

Sunlamps: Studies show exposure to sunlamps or sunbeds increases the risk of malignant melanoma. In addition, the longer the exposure, the greater the risk, especially in individuals exposed before the age of 30, the NTP says.

Air pollution: Outdoor air pollution was added to the IARC's list of carcinogens in 2013.

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ANALYSIS

Train the brain and the body

Instead of letting your mind run wild, focus on the moment. Experts say this make it more likely you will appreciate good feelings inside your body as you exercise. TORSTAR NEWS SERVICE/FILE

Ever had your mind race during a yoga session? Or been consumed by thoughts of your leg cramping during a run? It's easy to let your mind wander — or fill up with worries — when you're working out.

Cue some mental fitness in the form of mindfulness.

The popular technique for learning to pay attention and "tune in" to your thoughts is rooted in Buddhist meditation traditions and was later popularized in the West by Jon Kabat-Zinn. Since 1979, more than 20,000 people have completed the Mindfulness Based Stress Reduction program Kabat-Zinn founded at the University of Massachusetts Medical School — while millions more around the world have tried out similar programs or at-home exercises.

"I often talk about mindfulness as training the mind the way physical exercise is training the body," says Dr. Steven Selchen, head of mindfulness-based therapies at Sunnybrook Health Sciences Centre in Toronto.

It's about learning to be aware of what's going on inside us and around us, he explains. And even though it's a mental thing, there can be a connection to physical fitness. "People use exercise in different ways, and often use it as stress release or something to sort of get away from what's bothering us," Selchen says. "Mindfulness is more about tuning into our experience so we can handle it better."

That could mean paying closer attention while running, or meditating during a yoga class. However you do it, mindfulness can help you tune into the mental "stories" that pop up while you're working out, Selchen explains.

"You have a certain physical sensation like a cramp or a tightness somewhere, and you tell yourself all kinds of stories about why that's a problem . . . it's those stories that end up making us really frustrated," he says.

Instead, you can pay attention to it and accept it as just a routine part of your workout, rather than something negative.

Focusing on the moment can actually make exercise a more positive experience, suggests Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto. Mindfulness makes it more likely you'll "appreciate good feelings" inside your body, he says.

"When somebody is exercising, are they tuned into how their body feels? Or are they not noticing their body at all?" Kelly says. "Somebody might be listening to music or watching a screen. Their body is exercising but their mind might not be a part of that."

The practice also offers a way for athletes to focus, he adds.

"If you're playing baseball, you want to pay attention when you're up to bat or on the field," Kelly explains. "Good players will stay in the zone, so to speak, and mindfulness training is now being used by a number of professional sports teams."

Of course, shifting your mindset during exercise can be tricky at first.

Dr. Lucinda Sykes of Toronto's Meditation for Health clinic suggests trying out mindfulness somewhere else first — the shower. "Being in the shower or bathtub is a great opportunity to feel yourself being physically here," she says. "Feel the water against your skin . . . feel yourself standing in the shower. Feel the water, and your body responding, even for just a moment."

TORSTAR NEWS SERVICE

With latest single, the secret is out

MUSIC

Producer, co-writer of Hello says keeping mum was hard

metroGOSSIP MUST READ

Getting into the studio and writing a potential hit song for Adele sounds hard enough. Now add keeping mum about the track for a year.

That's the challenge Greg Kurstin faced after producing and co-writing Hello last year.

"I'm not going to lie; it's not easy to hold that information in for that long. It's kind of like I was holding this big secret for so long, but I stuck with it," the Grammy- and Golden Globe-nominated songwriter-producer, said in an interview with The Associated Press.

"It wasn't easy. You kind of want to shout it out, run around in the streets yelling to random strangers what you've just done," he added.

Hello was released Friday and it topped the iTunes singles chart in 85 countries. The music video broke the Vevo record for most views in a day with 27.7 million.

Hello is Adele's first single since releasing 2011's earth-shattering 21, her sophomore album that sold more than 11 million units in the United States and won the Grammy Award for album of the year, among other accolades.

"I'm still in shock honestly. ... I was just pretty blown away," Kurstin said of the insta-success of Hello.

Kurstin, who has worked with Pink, Lily Allen, Katy Perry and Taylor Swift, said he and Adele were supposed to work on music for 21, but that it didn't pan out. On 25, which Adele will release on Nov. 20, he also contributes to the tracks Water Under the Bridge and Million Years Ago.

Kurstin said he was putting some pressure on himself before meeting with powerhouse singer since this was her followup to 21. But that changed once he set foot in the studio, and they started working on songs last year, including Hello.

"She's just so wonderful to be around. She is funny and she's just so down-to-earth. ... You can immediately relate to her and connect with her," Kurstin said of Adele. "I really felt very comfortable around her because she makes you feel that way. She's just cool, and then she gets on the microphone and of course blows your mind."

Kurstin's writing and production credits include pop smashes like Sia's Chandelier, Kelly Clarkson's Stronger (What Doesn't Kill You) and Ellie Goulding's Burn. He is one half of the indie duo The Bird and the Bee, releasing a fourth album this year.

Kurstin is also working with another Grammy album of the year winner: He produced Beck's new single, Dreams, and is producing other tracks on the rock singer's followup to 2014's Morning Phase, which won the top Grammy earlier this year.

"I used to play in his band actually," said Kurstin, who added that is the first time he's officially writing and producing for Beck.

THE ASSOCIATED PRESS

Adele performs at the Oscars in 2013. Released Friday, Adele's Hello has topped the iTunes singles chart. The music video broke Vevo's record for most views in a day. THE ASSOCIATED PRESS

ACCIDENT

Look, Ma, no hands!

Stop me if you've heard this before: Jimmy Fallon was rushed to the hospital because he hurt his hand. No, his other hand. The Tonight Show host — who has been recovering from a nasty kitchen accident from over the summer when he almost cut off a finger — took a tumble this weekend and messed up his other hand.

He was carousing after receiving an award from the Harvard Lampoon, carrying a bottle of Jaegermeister, when "some random girl kneeled down in front of him abruptly as he was turning around and he tripped over her," a source tells People magazine. Down went Fallon, bottle and all.

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Jimmy Fallon. GETTY IMAGES

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In today's challenging economic climate, change is constant. Businesses are forever expanding, reorganizing, and downsizing. Frequently those who experience the most change are the employees of those businesses. At times change can be good for an employee and may mean a promotion, salary increase, or more responsibility. But often it is not. As an employment lawyer, I regularly speak with employees who must deal with a demotion, pay reduction, transfer to a faraway location, or some other form of fundamental change to their job. When faced with such changes, employees often feel that they have no choice but to accept the change. That is completely wrong. An employee faced with a significant change to the terms of employment may be entitled to resign and demand their full severance.

CONSTRUCTIVE DISMISSAL

A constructive dismissal happens when you choose not to accept a fundamental change to the terms of your employment. Frequently, individuals believe that if they make a decision to leave their employment then they are not entitled to severance or that the decision would somehow impact the amount of severance they are owed. This is incorrect. If you leave your job because the change your employer has mandated is too substantial then you have been wrongfully dismissed and are entitled to full compensation. A common example of constructive dismissal I encounter would be an employer requiring an individual to work on a different shift. Often such changes impact childcare, religious, or other important obligations. If the changes required are not possible or cause substantial hardships then the employee has been terminated and is owed severance. This is despite the fact that the employer has not formally dismissed that person. Too often I speak with individuals who have been relocated, demoted, laid off, or forced to take a pay reduction and feel that they must accept that change required by their employer. This is completely false. You have a right to a fair and stable work environment and are not required to accept any changes which have a substantial impact on your personal or work life.

"POISIONED" WORK ENVIRONMENT

In the same way you do not have to accept changes that impact your personal life, you should also not accept a requirement to remain in a workplace where you are facing discrimination or a 'poisoned' work environment. Too frequently, individuals feel trapped working alongside others who harass or otherwise make them feel uncomfortable at work. If your employer is unable to correct the situation it is your right to refuse employment. Discrimination, harassment, or loss of dignity should not be accepted in the workplace and can lead to constructive dismissal and the requirement to pay the employee compensation.

CONSTRUCTIVELY DISMISSED?

Common indicators that you have been constructively dismissed include:

- Reduction or elimination of compensation such as salary, bonuses, commissions, benefits, or pension entitlements.
- You have been temporarily laid off from your current position.
- You have been transferred to another territory or geographic location.
- You have been demoted, had your responsibilities reduced, or have been placed in a substantially different position.
- You are required to work in a 'poisoned' environment.

If you are unsure whether you have to accept a change to your employment, I encourage you to contact me and have the proposed change assessed. If you are terminated for not accepting a substantial change to your employment then you have been wrongfully dismissed and are owed severance. In either case use the Severance Calculator to see how much you are owed (www.SeverancePayCalculator.com) and do not hesitate to call or e-mail me.

Lior Samfiru is an employment lawyer and senior partner at Samfiru Tumarkin LLP. He is the host of the 'Employment Hour' heard Saturdays at 4:00PM on AM580 (CFRA).

Calculate the severance you are owed at www.severancepaycalculator.com

metro SPORTS

NBA 2K16's simulation of the upcoming season predicts the Warriors will need seven games to beat the Cavs in the final

Stormy Cameron demands response to Senators' skid

NHL

Ottawa has lost four straight, coach wants to focus on details

Ottawa coach Dave Cameron says "there's a storm coming" if the Senators don't find a way out of their recent slump.

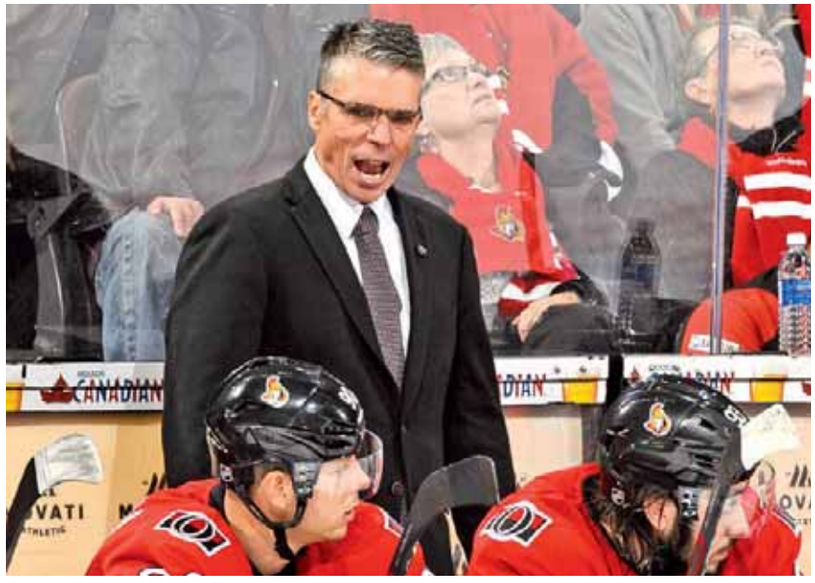
The Senators have lost four straight and remain winless on home ice (0-2-2). Cameron was late meeting with the media Monday as he and general manager Bryan Murray met to discuss the team's plight.

While Cameron didn't get into the specifics of the conversation, he did say there was discussion regarding line combinations, where the team is at and what needs to be done.

"Everybody has to up their game five per cent in the detail part of it," Cameron said.

He wants to see players win their one-on-one battles, talk in the defensive zone and pay better attention to the fine details.

After finishing strong last season, many expected the Senators to pick up where they left off, but defenceman Mark Borowiecki says he's tired of the comparisons to last year's remarkable stretch run where the Senators went 23-4-4. "What happened last year, happened last year; I mean do we have high expectations because of that," said Borowiecki. "For us right now it's focusing on here and now. We can't sit back and enjoy the good times, we've got to put in the work and kind of work through this and get on the right side of things."



Ottawa Senators coach Dave Cameron says he wants to see his players win more one-on-one battles and talk more in the defensive zone. MINAS PANAGIOTAKIS/GETTY IMAGES

> **Everyone has to up their game five per cent in the detail part of it.**
> Dave Cameron

The third period has been a struggle for the Senators the last two games, raising concerns about the team's competitiveness. "It's never ideal when you're giving up goals in the late stages of games," said forward Mark Stone.

"It's not an easy fix, but at the same time we can definitely fix it. We just need to continue and press and play as hard as we have for the first 50 minutes of games.

"We haven't had good starts and we haven't had good finishes, but everything in between we feel like we're playing great hockey. We just need to come out with a little more intensity and finish with more intensity."

There could be more changes to the Senators lineup Wednesday when they host the Calgary Flames.

Centre Curtis Lazar, who was injured Saturday, didn't practise with the team Monday and winger Mike Hoffman, who was injured last Thursday, left the ice shortly after practice started. There is no timetable for either player.

A positive for the Senators was seeing defenceman Marc Methot participate in the entire practice.

Methot had been expected to play Saturday night after missing the last two games due to a concussion, but was a late scratch.

Methot woke up Saturday from his pre-game nap not feeling well and the decision was made to keep him out of the lineup. He says he's hopeful to play Wednesday, but is reluctant to make any prediction at this time.

"I want to make sure this isn't a recurring problem," Methot said. "It's my life. When I'm done playing I don't want to deal with this kind of stuff so I certainly want to make sure I'm 100 per cent when I come back." THE CANADIAN PRESS

NHL IN BRIEF

Caps' Kuznetsov wins first star for offensive prowess

Washington Capitals centre Evgeny Kuznetsov is the NHL's first star of the week after scoring three goals and adding three assists over three games.

Kuznetsov's best offensive performance came on Friday, when he had three goals and two assists in Washington's 7-4 win over Edmonton. He also had three assists in Washington's 6-2 win over Calgary and assisted on Alex Ovechkin's winning goal in the Caps' 3-2 win over Vancouver. Montreal Canadiens defenceman Andrei Markov is the second star while LA Kings goaltender Jonathan Quick takes third-star. THE CANADIAN PRESS

Knee injury means Sabres' Kane is out for six weeks

Evander Kane's fresh start with the Buffalo Sabres has been sidetracked by an injury to his left knee. The hard-hitting, top-line forward will miss approximately four to six weeks, coach Dan Bylsma announced after practice on Monday.

Without revealing the exact nature of the injury, Bylsma said Kane won't require surgery after hurting his medial collateral ligament. Kane was hurt in the third period of a 4-3 loss to New Jersey on Saturday. He was checked by defenceman David Schlemko and his left knee was exposed and pinned to the boards by the knee-on-knee collision. THE ASSOCIATED PRESS

CFL

Crucial series with Ticats ahead for overachieving Redblacks

The Ottawa Redblacks' pre-season goal was to simply make the playoffs. Now they have bigger aspirations.

Ottawa (10-6), which went 2-16 in its inaugural 2014 season, visits Hamilton (10-6) on Sunday to open a crucial home-and-home series between the East Division co-leaders. It will make the first meeting between the Redblacks and Tiger-Cats this year.

"It's exciting because that's what you play for," Redblacks head coach Rick Campbell said Monday. "What I like is our guys aren't content with just making the playoffs. "We're trying to get as good as we can and see how many games we can win and where we can take this thing."

Ottawa or Hamilton would clinch first by sweeping the home-and-home series or earning a win and tie. If the two teams split, first would be decided by aggregate points.

The second-place finisher secures home field for the East semifinal on Nov. 15. But the Toronto Argonauts (9-7) remain in contention for a home playoff game with two regular-season home dates remaining, Friday night versus B.C. (6-10) and Nov. 6 versus Winnipeg (5-11).

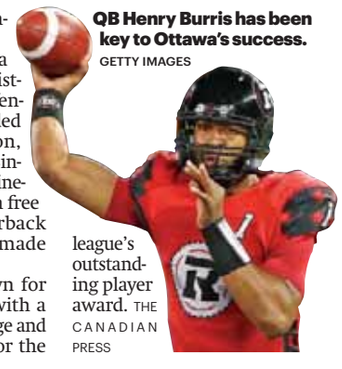
Toronto would clinch first if it won its two games and Hamilton and Ottawa tied both contests. The Argos would clinch second if they finished tied with Ottawa but take third if they had the same record as the Ticats based on head-to-head meetings.

The fourth-place Montreal Alouettes (6-10) are also in playoff contention for the West Division crossover. Securing a post-season berth was Ottawa's pre-season goal, but general manager Marcel Desjardins said now having to settle for second or third would be disappointing. "You're never satisfied with where you're at, you always want to try to be better,' Desjardins said. "Am I surprised we're still in a position to finish first? Maybe, a little bit but it's not shocking."

A big reason for Ottawa's improvement has been a potent offence. After struggling in 2014, the Redblacks are third in scoring this year (23.7 points per game), have scored 30 TDs in 51 red-zone chances and a CFL-best 18 rushing touchdowns.

This off-season, Ottawa hired former Toronto assistant Jason Maas as its offensive co-ordinator and added receivers Ernest Jackson, Chris Williams and Brad Sinopoli as well as offensive lineman SirVincent Rogers in free agency. But it's quarterback Henry Burris who has made the unit go.

Burris, 40, has thrown for a CFL-best 5,148 yards with a 71.8 completion percentage and is a leading contender for the league's outstanding player award. THE CANADIAN PRESS



QB Henry Burris has been key to Ottawa's success. GETTY IMAGES

Murphy in comfort zone at the plate

WORLD SERIES

K.C. looks to end Mets bopper's homer streak

Daniel Murphy has hit seven home runs this post-season, the last one coming in Game 4 of the NLCS against the Cubs. NAM Y. HUH/THE ASSOCIATED PRESS

Daniel Murphy took a meaty cut, then motioned to the batting practice pitcher to throw one a bit outside.

"Please," the New York Mets bopper added, politely.

Murphy promptly lined the next toss Monday into the right-field corner at Kauffman Stadium.

That's how easy he's making it look in real games, too.

So far, Murphy has invited many of baseball's top aces to his October bash — Clayton Kershaw, Zack Greinke and Jake Arrieta among them.

Now, the Kansas City Royals hope to spoil his playoff party.

Murphy has homered in a record six straight post-season games. He'll take aim at Edinson Volquez and the Royals starting Tuesday night in the World Series opener.

Murphy hit a career-best 14 home runs during the regular season, then launched seven more in the first two rounds against the Dodgers and Cubs. He is one from matching the mark for most homers in a single post-season, shared by Barry Bonds, Carlos Beltran and Nelson Cruz.

"Superman? Oh, no, no," he said before the workout.

"Just a second baseman who's trying to get a good pitch to hit."

To Royals pitching coach Dave Eiland, that's the crux of Murphy's sudden power surge.

"He's getting a lot of good pitches to hit, and he isn't missing them," Eiland said. "He's right on them."

Eiland has noticed something else.

"He looks very comfortable in the batter's box — and I'll leave it at that," Eiland said.

.421

Murphy's batting average this post-season (16-for-38). He's also scored 11 runs and racked up 11 RBIs in nine games.

Hmmm.

Told about Eiland's comment, Royals pitcher Kris Medlen chuckled.

"Nobody's going to hit anybody," Medlen said. "But there are ways to get guys out. Coming in, going out, mixing it up."

Medlen noted that last week against the Cubs, Murphy golfed a pitched that was barely a foot off the ground for a home run. It was the second-lowest pitch hit for a homer in the majors this year.

"He's hitting everything," Medlen said.

Murphy won the MVP award in the NL Championship Series for sweeping Chicago, going 9-for-17. THE ASSOCIATED PRESS

NBA

5 storylines to watch during the season

With the NBA regular season starting Tuesday, here are five storylines to pay attention to as the 82-game marathon unfolds:

KOBE BRYANT

Is this the last go-round for the 36-year-old future Hall of Famer, entering his 20th season with the only franchise he's ever played for? And if it is, how will he handle it? By gently ceding some control of the team to the younger set, or will he try to go out guns blazing to make up for two injury-riddled seasons?

KEVIN DURANT

Oklahoma City was supposed to be a perennial championship contender with a group of budding young all-stars who got a taste of a title chase in 2012. Now, Durant will face an entire season of free agency speculation, Scott Brooks is out as the coach and the wonder is if the proverbial window is closing.

DIVISIONS? WHAT DIVISIONS?

The three Atlantic Division championship banners that hang in the Air Canada Centre now signify an accomplishment that is obsolete. Winning a division now gets teams nothing, because playoff seeding will be determined by overall record, making things more fair.

GO SMALL OR GO HOME

The move in the NBA these days is toward so-called "small ball." But having a multi-faceted group on the court seems to be the way everyone's going, and developing a lineup of basically interchangeable parts is the goal.

ROTTEN BIG APPLE?

Compared to the lack of success they've had — 17 wins last season — the New York Knicks get a disproportionate amount of publicity and chatter. But it's worth it for Raptors fans to pay a bit of attention to them this year and to hope for losses since New York owes Toronto a first-round draft pick in June. TORSTAR NEWS SERVICE

Kobe Bryant
GETTY IMAGES

OPENING NIGHT

A trio of games will kick off the 2015-16 season on Tuesday night. At 8 p.m. ET, the Detroit Pistons will host the Atlanta Hawks and the Cleveland Cavaliers will play the Chicago Bulls. The New Orleans Pelicans will take on the Golden State Warriors at 10:30 p.m. ET.

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RECIPE Salmon Dinner Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A tray bake is the ultimate in ease and deliciousness since roasting always delivers big on flavour.

Ready in
Prep time: 10 minutes
Serves 4

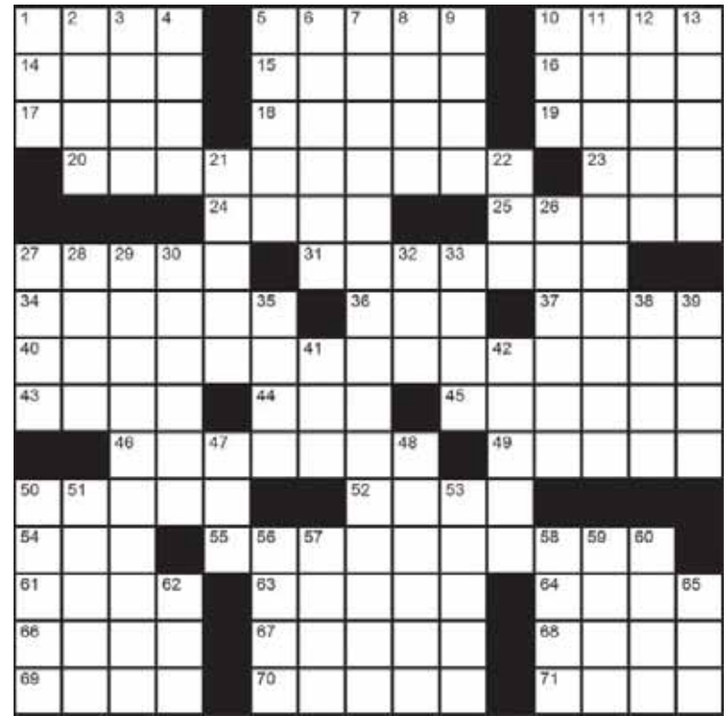
Ingredients
- 12 new potatoes
- 3 Tbsp olive oil
- 2 tsp fresh or dried thyme
- Salt and pepper
- 4 salmon filets
- 1 bundle of asparagus, washed and trimmed
- 20 cherry tomatoes
- Big squeeze of lemon juice

Directions
1. Preheat the oven to 375 F.
2. Line a rimmed baking sheet with parchment.
3. Thinly slice potatoes and scatter them across baking sheet. Season with 2 Tbsp of olive oil, pinch of salt, pepper and thyme. Place in oven for 15 minutes.
4. Remove tray from oven. Increase heat to 400 degrees. Lay the salmon filets over the potatoes and add the asparagus and tomatoes. Return to oven for 10 to 15 minutes, or until salmon is cooked.
5. Remove from oven. Squeeze lemon juice over the whole pan and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Satan's sphere
5. Emily Watson's role in "Gosford Park" (2001)
10. Armoured police team letters
14. "..._, whatever will be, will be..."
15. Like the garden's blanket of grass
16. Type of cotton
17. _-detached house
18. "Fame" singer Ms. Cara
19. Certain cuckoos
20. The Phantom's haunt, _ _ House
23. Chem. suffix
24. Conde _ (Magazine publisher)
25. House's interior, style-wise
27. Greek alphabet's last letter
31. George Hamilton IV's 'prettiest town' country hit of 1963
34. Repairing
36. Southern constellation near Telescopium
37. Ms. Fitzgerald
40. Group of Seven painter born in Sheffield, England in 1881: 2 wds.
43. Bone dry
44. Mork from _
45. Be a participant/captivate
46. Preside over the meeting with another person
49. Tzatziki sauce sandwiches
50. Beijing's locale
52. Samantha's twitcher on "Bewitched"
54. "You bet!"
55. Canadian whisky maker, The Crown Royal _ Company
61. Cut
63. Neil Diamond song that goes "...I used to call your name."
64. Clean-cut
66. Stand-up guy Jay
67. "Network" (1976) director Sidney
68. _ of duty
69. Belonging to Manchester's li'l country
70. They're scattered in gardens
71. And nothing more

DOWN
1. 'Count' suffix
2. HBO comedy starring Julia Louis-Dreyfus
3. "_ la Douce" (1963)
4. Retreat
5. "Clueless" (1995) actress Ms. Donovan
6. Crooner of 1955 song "Domani": Julius _ _
7. Transported to a previous era: 4 wds.
8. Ye olde rest stop
9. Glancer
10. Watering hole
11. Vineyard's storage area: 2 wds.
12. _ acid
13. Shocking weapon
21. Absurd
22. Fruit drink
26. Get-up-and-go
27. Ons opposites
28. Morass
29. Reason for gyms
30. Book of Judges judge
32. Annoy
33. Bathe
35. David of "Rhoda"
38. Construction set brand
39. Nautical affirmatives
41. Rosemary's Baby novelist Mr. Levin
42. Spin-off series of "Buffy the Vampire Slayer"
47. Scoundrel
48. Churned
50. Recurring process
51. Ms. Hunt of Hollywood
53. Casino games
56. Baffin, et al.
57. Andrew of "Melrose Place"
58. 1996 Celine Dion album: 'Falling _ You'
59. Las Vegas brightener
60. Ancient region of Europe
62. Opposite of negative, for short
65. Attempt

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
As today's full moon takes place the area of your chart that governs what you own and what you earn you would be wise not to be too extravagant or generous. Keep something in reserve.

Taurus April 21 - May 21
You must work closely with others and you need to understand that their opinions may differ from yours. Remember, you don't have to agree with them to get along.

Gemini May 22 - June 21
Don't get carried away with big ideas. And don't get so caught up in the grandeur of the bigger picture that you miss the important details. Those details are going to matter.

Cancer June 22 - July 23
The Sun in your fellow Water sign of Scorpio does wonders for your confidence but today's full moon warns you must not get carried away. Limit your activities to areas where you know what you are doing.

Leo July 24 - Aug. 23
You have kept your emotions under wraps but now you must be more outgoing and expressive. This is the ideal time to let loved ones know how much you care for them.

Virgo Aug. 24 - Sept. 23
In your eagerness to get ahead and get the most from each and every situation you will overlook something that either holds you up or trips you up. Slow down a bit.

Libra Sept. 24 - Oct. 23
If you are easygoing with money today you may regret it later, so rein in your extravagant tastes and opt for the simple (and free) things that life has to offer.

Scorpio Oct. 24 - Nov. 22
The Sun in your sign at this time of year gives you heaps of confidence but because there is also a full moon today you will need more than a large dose of self-belief. The most important question is: have you learned from past mistakes?

Sagittarius Nov. 23 - Dec. 21
Others think you are aiming too high but the higher you aim the more you are likely to achieve. There is no limit to what you can accomplish.

Capricorn Dec. 22 - Jan. 20
Today's will open your eyes to new possibilities. Be amazed how limited you have allowed your horizons to be in recent weeks. Get involved in projects that require you to work as part of a team.

Aquarius Jan. 21 - Feb. 19
Play by the rules today. It will not be pleasant if important people discover that you have been cutting corners. You really don't need to cheat.

Pisces Feb. 20 - March 20
You have no fear. Follow your desires, but as there is a rather threatening-looking full moon today you should steer clear of anything that is too excessive — depending on what your definition of "excessive" is.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8			5					3
		7	2		3			
	3	5			9	4		
2	1		9			7	6	
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6					8			2

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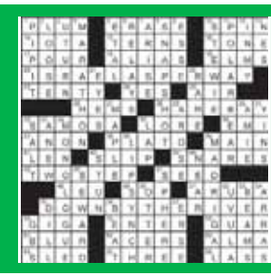

3	5	4	9	8	1	2	6	7
2	7	8	4	3	6	1	9	5
9	6	1	5	2	7	8	3	4
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4	2	9	8	6	5	7	1	3
7	8	3	1	9	4	6	5	2
6	4	5	7	1	2	3	8	9
8	3	7	6	5	9	4	2	1
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